

*E2* 30. (Amended) A capsule comprising an unsaturated fatty-acid composition comprising flaxseed oil, wherein the weight ratio of linoleic fatty acid (n-6, 18:2) to  $\alpha$ -linolenic fatty acid (n-3, 18:3) in said composition is 0.05-7.5.

*E3* 34. (Amended) An edible oil comprising flaxseed oil, wherein the weight ratio of linoleic fatty acid (n-6, 18:2) to  $\alpha$ -linolenic fatty acid (n-3, 18:3) in said oil is 0.05-7.5.

*E4* 38. (Amended) A dietary supplement comprising flaxseed oil, wherein the weight ratio of linoleic fatty acid (n-6, 18:2) to  $\alpha$ -linolenic fatty acid (n-3, 18:3) in said supplement is 0.05-7.5.

42. (Amended) A food comprising flaxseed oil, wherein the weight ratio of linoleic fatty acid (n-6, 18:2) to  $\alpha$ -linolenic fatty acid (n-3, 18:3) in said foodstuff is 0.05-7.5.

*E5* 43. (Amended) The food of claim 42, further comprising rapeseed oil and perilla oil.

*E6* 44. (Amended) The food of claim 42, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said food is 0.05-2.0.

45. (Amended) The food of claim 43, wherein the weight ratio of said linoleic fatty acid to said  $\alpha$ -linolenic fatty acid in said food is 0.05-2.0.